

# January–March 2026



Community | Access | Relationships | Emotional Wellness

## Parent Workshops and Classes



### Anxiety and Depression in Children: Ask the Doctor

Understand childhood anxiety and depression, causes, and how to receive support.

**January 8 | 2:00-3:00 p.m. (ENGLISH) | 3:00-4:00 p.m. (SPANISH)**

<https://rcoe.zoom.us/meeting/register/ty1SkzpuQ1-0msuCz4t2qg>



### Self-Regulation and Children

Learn what self-regulation is and how you can effectively support its development in children and adolescents.

**January 20 | 12:00-1:00 p.m. (ENGLISH) | 1:00-2:00 p.m. (SPANISH)**

<https://rcoe.zoom.us/meeting/register/r7EsWuJsS7id5fig09Y60Q>



### Praising Children and their Behavior

Identify effective ways to praise children for their positive behavior.

**February 19 | 5:00-6:00 p.m.**

<https://rcoe.zoom.us/meeting/register/6vKpdfBQSxeZV24VyKtoEg>



### School Refusal: What to Do When Your Child Won't Go to School

Explore the common reasons children avoid school and discover effective ways caregivers can help.

**February 24 | 12:00-1:00 p.m. (ENGLISH) | 1:00-2:00 p.m. (SPANISH)**

<https://rcoe.zoom.us/meeting/register/Mz-FrGXiTuyUNktDf2PIPg>



### Medications and Children: Ask the Doctor

Explore additional information about psychiatric medications for children and consult a medical professional with any questions.

**March 5 | 2:00-3:00 p.m.**

[https://rcoe.zoom.us/meeting/register/SKNxloXrSnqrQHHU\\_WCH2A](https://rcoe.zoom.us/meeting/register/SKNxloXrSnqrQHHU_WCH2A)



### Substance Abuse and Addiction in Adolescents and Families

Clarify addiction, substance abuse, and ways to support affected loved ones.

**March 10 | 12:00-1:00 p.m. (ENGLISH) | 1:00-2:00 p.m. (SPANISH)**

<https://rcoe.zoom.us/meeting/register/hJhu9gztTgaqiRLOSEmDkA>

For questions please call: 951-276-CARE (2273) or visit our website at: [www.rcoe.us/carespace](http://www.rcoe.us/carespace)

